



BECOMING A MEMBER

Becoming a member is easy; just follow these steps:

1. Stop by the Greenbelt Aquatic & Fitness Center front desk and ask to become a member.
2. Staff will enter you into our computer system.
3. Make payment.

If you are purchasing a Resident Membership, you will be required to provide proof of residency in the form of: a state issued photo ID or current lease with a valid Greenbelt address. Without proof of residency at a valid Greenbelt address, you can only be issued a Non-Resident Membership at the Non-Resident Membership rate.

HOURS OF OPERATION

**Monday - Friday 6:00am-10:30pm,
Saturday & Sunday 8:00am-10:00pm
301-397-2204**

DAILY ADMISSION RATES

	Resident	Non-Resident
Youth (1-13 yrs)	\$2.00	\$3.00
Young Adult (14-17 yrs)	\$3.00	\$4.00
Adult (18-59 yrs)	\$4.00	\$5.00
Senior (60+)	\$2.75	\$3.25

IMPORTANT REMINDERS

- All members are required to scan their key fob to gain entry into the Aquatic & Fitness Center. Please see guidelines to the left on becoming a Member.
- Swimming must cease and pools must be vacated 15 minutes before the scheduled end of day for maintenance and closing procedures.
- Aquatic classes take precedence over recreational swimming. Patrons may use whatever sections of the pool that are not being utilized by classes. A minimum of three (3) lap lanes are available at all times, except during swim team practices, when one (1) open swim lane is available.

EXPLANATION OF MEMBERSHIP CATEGORIES

Youth Membership: 13 years of age and younger.

Young Adult Membership: 14-17 years of age.

Adult Membership: 18-59 years of age.

Senior Membership: 60 years of age and older.

Single Parent Family Membership: One adult & single dependents, under the age of 21, residing permanently in same household.

Family Membership: Two adults & single dependents, under the age of 21, residing permanently in same household.

Residents: Those residing within the corporate limits of Greenbelt who pay City taxes and who are entitled to vote in City elections.

(Greenbelt Road and 7000-7298 Hanover Parkway are not considered resident addresses.)

Non-Residents: Those residing outside the corporate limits of Greenbelt.

12 Month Memberships

(Valid for 12 months from the date of purchase)

	Resident	Non-Resident
Youth	\$87	\$187
Young Adult	\$138	\$235
Adult	\$187	\$282
Senior	\$96	\$197
Single Parent Family	\$275	\$469
Family	\$386	\$505

9 Month Memberships

(Valid for nine months from date of purchase; excludes summer season)

	Resident	Non-Resident
Youth	\$65	\$147
Young Adult	\$106	\$184
Adult	\$147	\$223
Senior	\$70	\$158
Single Parent Family	\$212	\$370
Family	\$298	\$428

GAFC REGISTRATION DATES

Spring Session Class Dates: March 6 thru April 29

Passholders & Residents: February 20 & 21

Open Registration: February 22-until filled

Register at the Aquatic & Fitness Center between 6:00am and 10:00pm for all dates noted above.

Please do not pre-write checks. There are times when classes are pro-rated for holidays.

All classes require registration unless otherwise noted.

Class rates do not include use of fitness wing or pools, before or after class times.

GAFC CLOSURE: The building will be entirely closed on March 22, 23, and 24 (weather permitting) for roof resurfacing.

Spring Mini Session Class Dates: May 8 thru June 2

Passholders & Residents: April 24 & 25

Open Registration: April 26-until filled

CHILDREN'S SWIM LESSONS ~ SPRING SESSION ONLY

PH = Passholder; RNPH = Resident-Non Passholder; NRNPH = Non Resident-Non Passholder

The Greenbelt Aquatic & Fitness Center staff asks parents & guardians to view swimming lessons from the observation area. Please do not use emergency exit doors for access to the pool deck. You may drop off and pick up children at the locker room entrance from the pool deck.

Home School Program Beginner I & II

This program is designed for children who are home schooled. Beginner I and II swimming level.

PH: \$40 RNPH: \$45 NRNPH: \$50

Day and Time: TBD 4-6 years old

Home School Program Advanced Beginner & Intermediate

This program is designed for children who are home schooled. Beginner III swimming level and above.

PH: \$40 RNPH: \$45 NRNPH: \$50

Day and Time: TBD 7 years and up

Aqua Tots I

Children will learn to adjust to the water and be introduced to simple skills. Children who wear diapers are required to wear a swim diaper underneath a bathing suit. Children must be accompanied into the water by an adult dressed in a bathing suit prepared to participate in class.

Sa: 10:30am-11:00am 1-2 years with parent

PH: \$35 RNPH: \$40 NRNPH: \$45

Aqua Tots II

Children will learn to adjust to the water and begin to master simple skills. Children who wear diapers are required to wear a swim diaper underneath a bathing suit. Children must be accompanied into the water by an adult dressed in a bathing suit prepared to participate in class.

Sa: 9:45am-10:15am 2-4 years with parent

PH: \$35 RNPH: \$40 NRNPH: \$45

Beginner for 4's - I

Child has not had any lessons before and does not put head or face in water. Students will work on proper leg and arm movements for the front crawl and personal safety in and around the water.

Sa: 9:00am-9:30am 4 years only

PH: \$35 RNPH: \$40 NRNPH: \$45

Beginner for 4's - II

Child is comfortable in, and can put head or face in the water. Students will work on proper leg and arm movements for the front crawl and personal safety in and around the water.

Sa: 11:15am-11:45am 4 years only

PH: \$35 RNPH: \$40 NRNPH: \$45

Beginner I

Students will learn floating techniques as well as proper leg and arm movements for the front crawl and elementary backstroke. Students will also learn personal safety in and around the water.

Sa: 9:00am-9:30am 5 years and older

Sa: 9:45am-10:15am 5 years and older

Sa: 11:15am-11:45am 5 years and older

PH: \$35 RNPH: \$40 NRNPH: \$45

Beginner II

Child can float on front and back and put face and head in water. Students will work on proper leg and arm movements for front crawl and backstroke and personal safety in and around the water.

Sa: 9:00am-9:30am 5 years and older

Sa: 9:45am-10:15am 5 years and older

Sa: 10:30am-11:00am 5 years and older

Sa: 11:15am-11:45am 5 years and older

PH: \$35 RNPH: \$40 NRHPR: \$45

CHILDREN'S SWIM LESSONS SPRING SESSION ONLY

Beginner III

Child can swim 10 yards, front crawl and backstroke. Students will work on rhythmic breathing, improving kicks, strokes, endurance, deep water skills and treading water.

Sa: 9:00am-9:30am 5 years and older
 Sa: 10:30am-11:00am 5 years and older
 PH: \$35 RNPH: \$40 NRNPH: \$45

Advanced Beginner

Improve basic swimming ability and increase swimming distance. Water survival skills are introduced. Prerequisite: ability to swim 20 yards front crawl with rhythmic breathing and 15 yards on back or bring Red Cross Beginner card first day.

Sa: 9:45am-10:15am 5 years and older
 PH: \$35 RNPH: \$40 NRNPH: \$45

Intermediate

Class designed to review Advanced Beginner skills and to introduce breaststroke and side-stroke, turns, safety and survival skills and self-rescue. Prerequisite: able to swim 25 yards front crawl, 25 yards elementary backstroke.

Sa: 10:30am-11:00am 5 years and older
 PH: \$35 RNPH: \$40 NRNPH: \$45

Swimmer

Designed to refine front crawl stroke, breaststroke, sidestroke and to introduce butterfly, surface diving and personal safety skills. Prerequisite: successful completion of skills for intermediate course.

Sa: 11:15am-11:45am 5 years and older
 PH: \$35 RNPH: \$40 NRNPH: \$45



WATER AEROBICS SPRING AND SPRING MINI SESSIONS (16 years+)

Aquacize

Emphasizes aerobics, stretching and toning exercises for the swimmer and non-swimmer. Aquacize is designed to condition the heart and lungs and to improve muscle tone while burning calories. Muscle conditioning, use of bottles and spa bells are included in the class.

3 Days/week classes:

M/W/F: 8:00am-8:45am Instructor: Kathy
 M/W/F: 10:00am-10:45am Instructor: Martha

Spring Session:

PH: \$65 RNPH: \$70 NRNPH: \$75

Spring Mini Session:

PH: \$30 RNPH: \$35 NRNPH: \$40

2 Days/week classes:

M/W: 7:00pm-7:45pm Instructor: Sylvia
 Tu/Th: 7:45am-8:30am Instructor: Marsha
 Tu/Th: 6:00pm-6:45pm Instructor: Linda

Spring Session:

PH: \$50 RNPH: \$55 NRNPH: \$60

Spring Mini Session:

PH: \$25 RNPH: \$30 NRNPH: \$35

Arthritis Aquatics

An Arthritis Foundation (AF) water exercise program, taught by an AF trained instructor, concentrates on increasing range of motion, flexibility and muscular strength and endurance. Class can benefit those post surgery in need of a low impact/intensity exercise program.

M/W/F: 2:00pm-2:45pm Instructor: Sharon

Spring Session:

PH: \$65 RNPH: \$70 NRNPH: \$75

Spring Mini Session:

PH: \$30 RNPH: \$35 NRNPH: \$40

Deep Water Aerobics

A non-impact class designed to improve cardiovascular endurance. The class uses a variety of water movements to increase tone and definition of upper and lower body. Participants can use a floatation belt.

M/W: 7:00pm-7:45pm Instructor: Sharon
 Tu/Th: 6:00pm-6:45pm Instructor: Sharon

Spring Session:

PH: \$50 RNPH: \$55 NRNPH: \$60

Spring Mini Session:

PH: \$25 RNPH: \$30 NRNPH: \$35

ADULT SWIM CLASSES (16 years+)

Deep Water Arthritis

Deep water exercise using water buoyancy and resistance to improve range of motion, joint mobility and muscle tone. Involves exercises performed in deep water with aid of a ski belt. Designed for students with arthritis but available for those with other medical problems. (Medical clearance may be requested prior to participation in this program.)

M/W/F: 3:00pm-3:45pm Instructor: Sharon

Spring Session:

PH: \$65 RNPH: \$70 NRNPH: \$75

Spring Mini Session:

PH: \$30 RNPH: \$35 NRNPH: \$40



Water Interval Training

This class offers intervals of aerobics and strength training in shoulder-deep water. Class utilizes a variety of exercises for the total body. Cardiovascular endurance, along with tone and definition are improved using the resistance of the water, spa bells, noodles and bottles with water.

M/W: 6:00pm-6:45pm Instructor: Sylvia

Spring Session:

PH: \$50 RNPH: \$55 NRNPH: \$60

Spring Mini Session:

PH: \$25 RNPH: \$30 NRNPH: \$35

Adult Advanced Beginner

This class is designed to improve basic swimming ability and increase swimming distance. Breaststroke, deep-water entry, survival skills, and stroke workouts will be introduced. Students should have a basic knowledge of freestyle backstroke, and the ability to swim half a length of the pool.

Tu: 7:00pm-7:45pm Instructor: TBD

Spring Session:

PH: \$40 RNPH: \$45 NRNPH: \$50

Spring Mini Session:

PH: \$20 RNPH: \$23 NRNPH: \$25

Adult Beginner

Class designed for those who have overcome their fear of the water. Students will work on proper leg and arm movements for freestyle and backstroke. Basic breathing skills will be introduced as well as survival skills and water safety in and around the water.

Th: 7:00pm-7:45pm Instructor: TBD

Spring Session:

PH: \$40 RNPH: \$45 NRNPH: \$50

Spring Mini Session:

PH: \$20 RNPH: \$23 NRNPH: \$25



PURCHASE A MEMBERSHIP

**DO THE MATH! BEST DEAL IN THE METRO AREA!
INDOOR POOL, OUTDOOR POOL – SUMMER ONLY, FITNESS CENTER. HOT TUB
OPEN 365 DAYS A YEAR!**

ANNUAL MEMBERSHIP	7 VISITS A WEEK	3 VISITS A WEEK	1 VISIT A WEEK	DAILY ADMISSION RATE	
				SEPT-MAY	SUMMER
Resident Adult \$187	51¢ per visit	\$1.53 per visit	\$3.57 per visit	\$4.00	\$4.50
Resident Yng. Adult \$138	38¢ per visit	\$1.14 per visit	\$2.66 per visit	\$3.00	\$3.50
Resident Youth \$87	24¢ per visit	72¢ per visit	\$1.68 per visit	\$2.00	\$2.50
Resident Senior \$96	26¢ per visit	78¢ per visit	\$1.82 per visit	\$2.75	\$3.00